

## ***Snuggled Pea Pasta*** from *Urban Sacred Garden*



Peas and shell pasta are the perfect match. 2 peas magically fit into each little shell, creating snugly little bites of perfection. Two tasty peas in a pod. This recipe is adapted from Joy the Baker's Easy Sunday Lemon Pasta. Joy the Baker has become one of my favorite food blogs and her recipes always inspire me. I definitely suggest you checkout her site. Yield: About 4 servings

### **INGREDIENTS**

4 Cups Shell Pasta  
1 1/2 Cups Frozen Peas  
1/4 Cup Olive Oil  
1 1/2 Lemons  
5 Tbsp Fresh Parsley, chopped  
1/2 Cup Nonfat Cottage Cheese  
Red Pepper Flakes  
Fresh Ground Sea Salt  
Fresh Pecorino Romano, shaved or grated

### **DIRECTIONS**

1. In a medium saucepan bring 8 cups of lightly salted water to a boil. Once boiling, add pasta. When pasta is almost cooked, but has about 1-2 minutes left, add peas and bring back-up to a boil to finish cooking. Drain pasta and peas in a colander. Reserve 2 tablespoons of pasta water in the pan.
2. Put pasta back into the pan. Add olive oil, fresh squeezed juice from Lemons, Parsley, Cottage Cheese, Red Pepper Flakes and Sea Salt to taste. Cook over low heat for about 2 mins, stirring occasionally to blend flavors. Add more Red Pepper, Olive Oil and Salt as needed to enhance and balance flavor.
3. Scoop into individual bowls for serving. Top with Pecorino Romano and more Red Pepper flake for color. You'll notice the peas nestle themselves into the little shells. So cute. Enjoy!